

## Please take a few minutes to answer this brief questionnaire.

Over the last two weeks, how often have you experienced any of the following?

Scoring Index: **0** – Not all, **1** – Several days, **2** – More than half the days, **3** – Nearly every day\*

1. Little interest or pleasure in doing things  
0    1    2    3
2. Feeling down, depressed or hopeless  
0    1    2    3
3. Trouble falling or staying asleep, or sleeping too much  
0    1    2    3
4. Feeling tired or having little energy  
0    1    2    3
5. Poor appetite or overeating  
0    1    2    3
6. Feeling bad about yourself, or that you are a failure or have let yourself or your family down  
0    1    2    3
7. Trouble concentrating on things, such as reading the newspaper or watching television  
0    1    2    3
8. Noticeably moving or speaking slowly, or feeling overly fidgety or restless, causing you to move around more than usual  
0    1    2    3
9. Thoughts that you would be better off dead, or of hurting yourself in some way  
0    1    2    3
10. If you experienced any of the problems above, how difficult has it been for you to do your work, take care of things at home or get along with other people?  
 Not difficult at all     Somewhat difficult  
 Very difficult     Extremely difficult

\* If your score is 10 or higher or if your answer to question 9 is not zero, please call the COMPASS Care Coordinator at 312.926.8347 for support and to learn about options for additional treatment.

# COMPASS

Collaborative Care Model for Perinatal  
Depression Support Services

Department of Obstetrics and Gynecology  
Galter Pavilion 675 North Saint Clair Street  
14th Floor, Suite 14-200  
Chicago, Illinois 60611

[nm.org](http://nm.org)



# What is COMPASS?

Depression is a common problem during and after pregnancy. It is a serious illness that can impact you and the health of your baby, so it is important to seek professional help. The COMPASS Program is here to support you with the care you need. We offer many effective treatment options including medication and talk therapy.



*The COMPASS Program is made possible thanks to a generous grant from the Friends of Prentice ([friendsofprentice.org](http://friendsofprentice.org)).*

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## Your COMPASS Care Team



**Rebekah Jensen, LCSW**  
Care Coordinator



**Rachel Ostrov, LCSW**  
Therapist



**Hannah Betcher, MD**  
Psychiatrist



**Jennifer Sprague, MD**  
Psychiatrist



**Jacqueline K. Gollan, PhD**  
Clinical Liaison



**Emily S. Miller, MD, MPH**  
Program Director

### Patient

You are the most important person on your care team.

### COMPASS Care Coordinator

The care coordinator works closely with you and your healthcare providers to connect you to the treatment options you need. She will answer your questions, and keep track of your progress and well-being.

### Obstetrician

Your obstetrician oversees all aspects of your care during pregnancy, and works closely with your COMPASS team to help ensure you get the best care possible.

### COMPASS Psychiatrist

This consultant is available to meet you and then advise your team about treatment options. She meets regularly with the COMPASS team to make sure your mental health is improving.

### COMPASS Therapist

A therapist can help you develop coping strategies for stress, depression, anxiety and more. Talking about your experience, and practicing new ways of thinking and being are effective ways to improve your mental health.